

Campeonato Interdistrital Juvenis, Juniores e Seniores de Inverno
Coimbra, 6 - 8/3/2026

Prova 2 Femin., 1500m Livres 15 anos e mais velhos
06/03/2026 - 11:20 Resultados

Rec Nac NP Open	16:15.12	Diana Margarida, DURAES	SLB	Lisboa	09/02/2020
Rec Nac NP Sen	16:15.12	Diana Margarida, DURAES	SLB	Lisboa	09/02/2020
Rec Nac NP Jun A	16:24.05	Tamila Hryhorivna, HOLUB	POR	Budapeste (HUN)	24/07/2017
Rec Nac NP Jun B	16:20.80	Tamila Hryhorivna, HOLUB	POR	Hodmezovasarhely (HUN)	08/07/2016
Rec Nac NP Juv A	16:43.22	Tamila Hryhorivna, HOLUB	SCB	Singapore (SGP)	29/08/2015
Rec Nac NP Juv B	16:54.60	Tamila Hryhorivna, HOLUB	POR	Dordrecht (NED)	11/07/2014

TA JUVB-FEM Juv B: 22:38.32 / TA JUVA-FEM Juv A: 22:06.89 / TA JUN - FEM Jun A/B: 21:35.44 / TA SEN-FEM Sen: 21:04.00

Pontos: AQUA 2025

Lugar Ano Tempo final Pts
Juvenis B

1. Alice Maria, RODRIGUES	11	Academico de Viseu	19:09.58	513
100m: 1:12.32	1:12.32	500m: 6:22.10	1:17.80	900m: 11:30.61
1:16.64	1300m: 16:38.18	1:16.65	1400m: 17:55.44	1:17.26
200m: 2:29.30	1:16.98	600m: 7:39.67	1:17.57	1000m: 12:47.36
1:16.75	1400m: 17:55.44	1:17.26	1100m: 14:04.49	1:17.13
300m: 3:46.86	1:17.56	700m: 8:57.06	1:17.39	1200m: 15:21.53
1:17.04	1500m: 19:09.58	1:14.14	1:16.91	1:17.04
400m: 5:04.30	1:17.44	800m: 10:13.97	1:16.91	1200m: 15:21.53
1:17.04				
2. Matilde Conde, FIGUEIREDO	11	Condeixa Clube	19:37.24	478
100m: 1:14.70	1:14.70	500m: 6:29.69	1:18.60	900m: 11:45.70
1:19.13	1300m: 17:01.12	1:19.04	1400m: 18:20.14	1:19.02
200m: 2:32.93	1:18.23	600m: 7:48.36	1:18.67	1000m: 13:04.35
1:18.65	1400m: 18:20.14	1:19.02	1100m: 14:23.17	1:18.82
300m: 3:51.69	1:18.76	700m: 9:07.47	1:19.11	1200m: 15:42.08
1:18.91	1500m: 19:37.24	1:17.10	1:19.10	1:18.91
400m: 5:11.09	1:19.40	800m: 10:26.57	1:19.10	1200m: 15:42.08
1:18.91				
3. Maria Joao, VALA	11	Pimpoes/Cimai	20:00.85	450
100m: 1:14.50	1:14.50	500m: 6:33.33	1:20.79	900m: 11:58.13
1:20.85	1300m: 17:22.59	1:21.12	1400m: 18:43.35	1:20.76
200m: 2:32.72	1:18.22	600m: 7:54.11	1:20.78	1000m: 13:19.07
1:20.94	1400m: 18:43.35	1:20.76	1100m: 14:40.14	1:21.07
300m: 3:51.71	1:18.99	700m: 9:15.54	1:21.43	1200m: 16:01.47
1:21.33	1500m: 20:00.85	1:17.50	1:21.74	1:21.33
400m: 5:12.54	1:20.83	800m: 10:37.28	1:21.74	1200m: 16:01.47
1:21.33				
4. Margarida Lopes, RODRIGUES	11	Uniao Juncalense	22:02.18	337
100m: 1:18.30	1:18.30	500m: 7:12.01	1:29.46	900m: 13:11.96
1:30.80	1300m: 19:09.02	1:30.38	1400m: 20:36.90	1:27.88
200m: 2:46.01	1:27.71	600m: 8:42.20	1:30.19	1000m: 14:40.08
1:28.12	1400m: 20:36.90	1:25.28	1100m: 16:09.71	1:29.63
300m: 4:13.95	1:27.94	700m: 10:11.01	1:28.81	1200m: 17:38.64
1:28.93	1500m: 22:02.18	1:25.28	1:30.15	1:28.93
400m: 5:42.55	1:28.60	800m: 11:41.16	1:30.15	1200m: 17:38.64
1:28.93				

Juvenis A

1. Camila Duarte, MARCELO	10	Condeixa Clube	18:36.07	561
100m: 1:07.96	1:07.96	500m: 6:01.39	1:14.25	900m: 11:01.04
1:15.28	1300m: 16:04.44	1:15.90	1400m: 17:20.23	1:15.79
200m: 2:19.85	1:11.89	600m: 7:15.85	1:14.46	1000m: 12:16.75
1:15.71	1400m: 17:20.23	1:15.79	1100m: 13:32.72	1:15.97
300m: 3:33.16	1:13.31	700m: 8:30.34	1:14.49	1200m: 14:48.54
1:15.82	1500m: 18:36.07	1:15.84	1:15.42	1:15.82
400m: 4:47.14	1:13.98	800m: 9:45.76	1:15.42	1200m: 14:48.54
1:15.82				
2. Debora Silva, INACIO	10	Pimpoes/Cimai	21:02.21	387
100m: 1:17.73	1:17.73	500m: 6:54.53	1:24.49	900m: 12:40.46
1:26.27	1300m: 18:20.00	1:23.51	1400m: 19:42.65	1:22.65
200m: 2:42.09	1:24.36	600m: 8:20.32	1:25.79	1000m: 14:06.82
1:26.36	1400m: 19:42.65	1:22.65	1100m: 15:31.87	1:25.05
300m: 4:06.02	1:23.93	700m: 9:47.03	1:26.71	1200m: 16:56.49
1:24.62	1500m: 21:02.21	1:19.56	1:27.16	1:24.62
400m: 5:30.04	1:24.02	800m: 11:14.19	1:27.16	1200m: 16:56.49
1:24.62				
3. Mariana Bagagem, CARVALHO	10	Miranda do Corvo	21:48.16	348
100m: 1:17.15	1:17.15	500m: 7:04.97	1:28.63	900m: 12:56.81
1:29.55	1300m: 18:52.51	1:28.17	1400m: 20:20.63	1:28.12
200m: 2:41.80	1:24.65	600m: 8:31.89	1:26.92	1000m: 14:25.96
1:29.15	1400m: 20:20.63	1:28.12	1100m: 15:54.50	1:28.54
300m: 4:08.73	1:26.93	700m: 9:59.20	1:27.31	1200m: 17:24.34
1:29.84	1500m: 21:48.16	1:27.53	1:28.06	1:29.84
400m: 5:36.34	1:27.61	800m: 11:27.26	1:28.06	1200m: 17:24.34
1:29.84				

Juniores A/B

1. Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande	18:28.44	572
100m: 1:06.82	1:06.82	500m: 5:57.98	1:13.79	900m: 10:56.95
1:15.05	1300m: 15:59.80	1:15.54	1400m: 17:14.33	1:14.53
200m: 2:18.45	1:11.63	600m: 7:12.27	1:14.29	1000m: 12:12.42
1:15.47	1400m: 17:14.33	1:14.53	1100m: 13:28.37	1:15.95
300m: 3:30.93	1:12.48	700m: 8:26.70	1:14.43	1200m: 14:44.26
1:15.89	1500m: 18:28.44	1:14.11	1:15.20	1:15.89
400m: 4:44.19	1:13.26	800m: 9:41.90	1:15.20	1200m: 14:44.26
1:15.89				

Campeonato Interdistrital Juvenis, Juniores e Seniores de Inverno
Coimbra, 6 - 8/3/2026

Prova 2, Femin., 1500m Livres, Juniores A/B

Lugar	Ano		Tempo final		Pts
2.	Constanca Baptista, TOMAS		09	Alcobaca	19:05.19 519
	100m: 1:10.85	1:10.85	500m: 6:16.78	1:17.50	900m: 11:27.69
	200m: 2:25.79	1:14.94	600m: 7:34.41	1:17.63	1000m: 12:44.79
	300m: 3:42.17	1:16.38	700m: 8:53.29	1:18.88	1100m: 14:02.31
	400m: 4:59.28	1:17.11	800m: 10:10.84	1:17.55	1200m: 15:19.03
					1300m: 16:35.13
					1400m: 17:51.46
					1500m: 19:05.19
3.	Rita Isabel, NEVES		08	Condeixa Clube	19:38.59 476
	100m: 1:13.26	1:13.26	500m: 6:25.87	1:19.03	900m: 11:45.07
	200m: 2:30.48	1:17.22	600m: 7:45.45	1:19.58	1000m: 13:04.54
	300m: 3:48.21	1:17.73	700m: 9:06.02	1:20.57	1100m: 14:23.77
	400m: 5:06.84	1:18.63	800m: 10:25.70	1:19.68	1200m: 15:43.22
					1300m: 17:02.78
					1400m: 18:21.81
					1500m: 19:38.59

Seniores

1.	Joana Nunes, CARDEAL		02	Condeixa Clube	17:26.75 680
	100m: 1:04.90	1:04.90	500m: 5:43.50	1:09.71	900m: 10:24.86
	200m: 2:14.27	1:09.37	600m: 6:53.62	1:10.12	1000m: 11:35.52
	300m: 3:23.96	1:09.69	700m: 8:03.99	1:10.37	1100m: 12:46.12
	400m: 4:33.79	1:09.83	800m: 9:14.22	1:10.23	1200m: 13:56.83
					1300m: 15:07.15
					1400m: 16:17.60
					1500m: 17:26.75
2.	Beatriz Nunes, CARDEAL		04	Condeixa Clube	17:32.02 669
	100m: 1:07.33	1:07.33	500m: 5:49.21	1:10.82	900m: 10:31.24
	200m: 2:17.23	1:09.90	600m: 6:59.98	1:10.77	1000m: 11:41.25
	300m: 3:27.75	1:10.52	700m: 8:10.74	1:10.76	1100m: 12:51.14
	400m: 4:38.39	1:10.64	800m: 9:21.25	1:10.51	1200m: 14:01.18
					1300m: 15:11.61
					1400m: 16:22.09
					1500m: 17:32.02
3.	Vanessa Sofia, OLIVEIRA		05	Gafanha da Encarnação	19:39.44 475
	100m: 1:13.52	1:13.52	500m: 6:27.86	1:18.72	900m: 11:45.87
	200m: 2:32.03	1:18.51	600m: 7:46.99	1:19.13	1000m: 13:05.39
	300m: 3:50.29	1:18.26	700m: 9:06.60	1:19.61	1100m: 14:24.67
	400m: 5:09.14	1:18.85	800m: 10:26.37	1:19.77	1200m: 15:44.00
					1300m: 17:03.25
					1400m: 18:22.10
					1500m: 19:39.44
4.	Joana Rosa, FERREIRA		05	CNLeiria - VOID	20:29.21 419
	100m: 1:12.91	1:12.91	500m: 6:39.79	1:22.40	900m: 12:14.26
	200m: 2:33.02	1:20.11	600m: 8:03.00	1:23.21	1000m: 13:37.46
	300m: 3:55.29	1:22.27	700m: 9:26.59	1:23.59	1100m: 15:00.86
	400m: 5:17.39	1:22.10	800m: 10:50.13	1:23.54	1200m: 16:24.21
					1300m: 17:47.03
					1400m: 19:09.30
					1500m: 20:29.21